



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01078, Milk, producer, fluid, 3.7% milkfat

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	87.69	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	64	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	268	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	3.28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	3.66	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	0.72	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	4.65	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Minerals													
Calcium, Ca	mg	119	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Iron, Fe	mg	0.05	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	93	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	151	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	49	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	0.38	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	2.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	1.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.161	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.084	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.313	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.36	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin A, RAE	µg	33	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	31	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Vitamin A, IU	IU	138	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lipids													
Fatty acids, total saturated	g	2.278	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.119	52	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.070	68	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.041	89	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.092	89	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.103	89	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.368	88	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	0.963	88	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.444	88	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	1.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.082	71	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	0.921	78	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
Fatty acids, total polyunsaturated	g	0.136	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.083	74	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.053	65	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	02/1996
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	02/1996
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	02/1996
Cholesterol	mg	14	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976
Phytosterols	mg	0	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.046	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976
Threonine	g	0.148	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976
Isoleucine	g	0.198	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976
Leucine	g	0.321	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976
Lysine	g	0.260	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976
Methionine	g	0.082	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976
Cystine	g	0.030	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976
Phenylalanine	g	0.158	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine	g	0.158	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	0.220	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.119	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.089	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	0.249	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	0.687	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	0.318	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	0.178	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/1996